Esprit

-ESP0033-

Esprit X5 Cross Trainer

OWNER'S MANUAL

PLEASE CAREFULLY READ THIS ENTIRE MANUAL BEFORE OPERATING YOUR ELLIPTICAL!

Safety Hints

WARNING - Read all instructions before using this appliance.

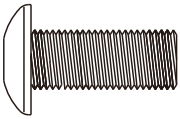
- Do not operate elliptical on deeply padded, plush or shag carpet. Damage to both carpet and elliptical may result.
- Keep children away from the elliptical. There are obvious pinch points and other caution areas that can cause harm.
- Keep hands away from all moving parts.
- Never operate the elliptical if the elliptical is not working properly; call your dealer.
- Never drop or insert any object into any openings.
- Do not use outdoors.
- Do not attempt to use your elliptical for any purpose other than for the purpose it is intended.
- The pulse sensors are not medical devices. Various factors, including the user's movement, may affect the accuracy of heart rate readings. The pulse sensors are intended only as exercise aids in determining heart rate trends in general.
- Wear proper shoes. High heels, dress shoes, sandals or bare feet are not suitable for use on your elliptical. Quality athletic shoes are recommended to avoid leg fatigue.

SAVE THESE INSTRUCTIONS - THINK SAFETY!

CAUTION!! Please be careful when un-packing the carton.

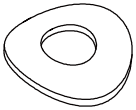
Assembly Pack Check List

STEP 1.

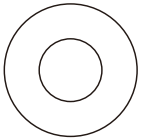


#43- 5/16" × 3/4" Button Head Socket Bolt (13pcs)

#53- M5 × 12 mm Phillips Head Screw (4pcs)



#45- 5/16" Curved Washer (1pc)

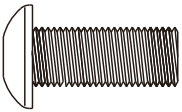


#44- 5/16" Flat Washer (8pcs)

#89- M5 × 65m/m Phillips Head Screw (1pcs)

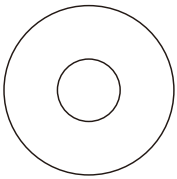
#46- 5/16" Split Washer (9pcs)

STEP 2.

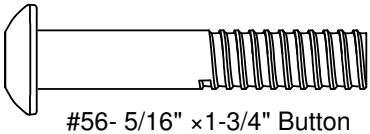


#43- 5/16" × 3/4" Button Head Socket Bolt (1pc)

#55- 5/16" Nyloc Nut (2pcs)

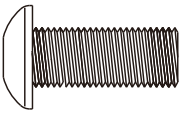


#92- 8.5x23x1.5T Flat Washer (1pc)



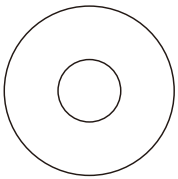
#56- 5/16" ×1-3/4" Button Head Socket Bolt (2pcs)

STEP 3.

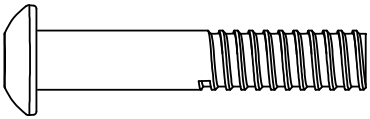


#43- 5/16" × 3/4" Button Head Socket Bolt (1pc)

#55- 5/16" Nyloc Nut (2pcs)



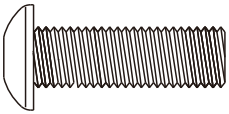
#92- 8.5x23x1.5T Flat Washer (1pc)



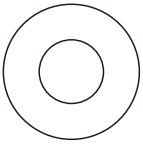
#56- 5/16" ×1-3/4" Button Head Socket Bolt (2pcs)

Assembly Pack Check List

STEP 4.

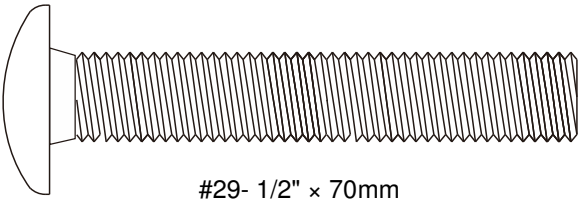


#91- 5/16" × 1" Button Head Socket Bolt (2pcs)



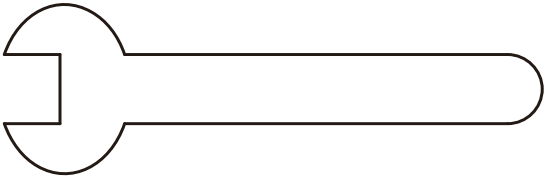
#44- 5/16" Flat Washer (2pcs)

#46- 5/16" Split Washer (2pcs)

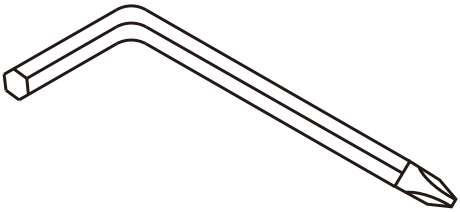


#29- 1/2" × 70mm Carriage Bolt (2pcs)

#30- 1/2" Nyloc Nut (2pcs)



#68- 19m/m Wrench (1pc)

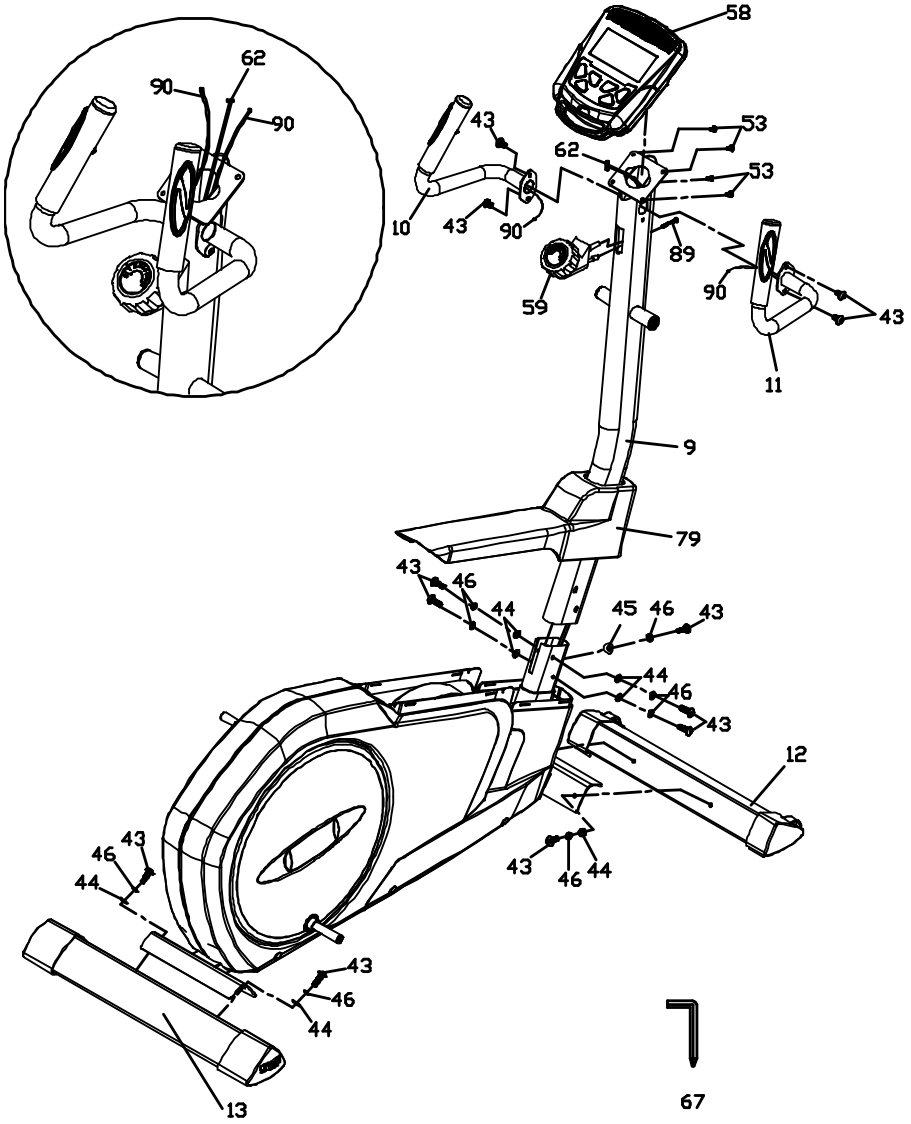


#67- Combination M5 Allen Wrench & Phillips Head Screw Driver (2pcs)

Assembly Instructions

STEP 1:

1. Install the Steel Cable Assembly (59) on the Console Mast (2) using 1pcs of M5 × 65m/m Phillips Head Screw (89) to tighten.
2. Locate the Console Mast (9) and slide on Console Mast Cover (79). Make sure the cover is facing the correct direction, as shown below, before sliding onto mast. Install the wiring harness (90) into the bottom of the mast and out the top. Be careful when installing the console mast to the mainframe so as not to pinch or cut the wiring harness; damage to the console may occur.
3. Install the console mast on the mainframe using the M5 Allen Wrench (67) to tighten 5pcs of 5/16" Button Head Socket Bolts (43), 4pcs of 5/16" Flat Washers (44), 5pcs of 5/16" Split Washers (46) and 1pc of 5/16" Curved Washer (45). Snap the Console Mast Cover (79) in place on the body of the elliptical.
4. Route the hand pulse wires (90) from the stationary handle bars (10, 11) through Console Mast (9) as shown below. Use M5 Allen Wrench (67) to tighten 4pcs of 5/16" Button Head Socket Bolts (43) to secure both handles on the Console Mast (9).
5. Connect the cables (62, 90) to the Console (58) and install console onto the Mast (9) with 4pcs of M5 × 12L Phillips head screws (53) by using the Phillips Head Screw Driver (67).
6. Secure Front Stabilizer (12) and Rear Stabilizer (13) with 4pcs of 5/16" Button Head Socket Bolts (43), 4pcs of 5/16" Split Washers (46) and 4pcs of 5/16" Flat Washers (44) by using M5 Allen Wrench (67).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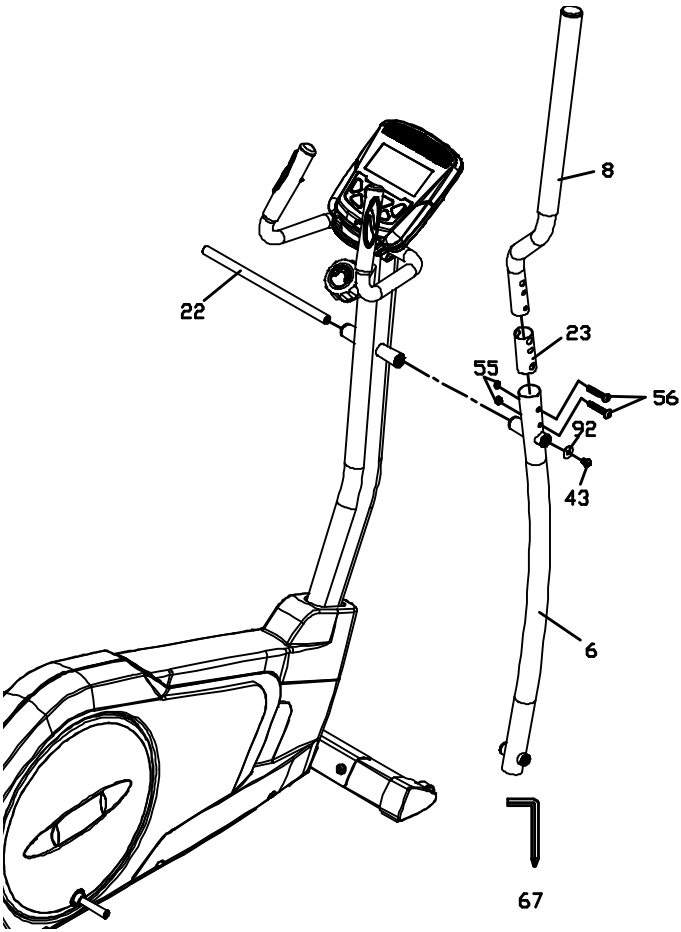
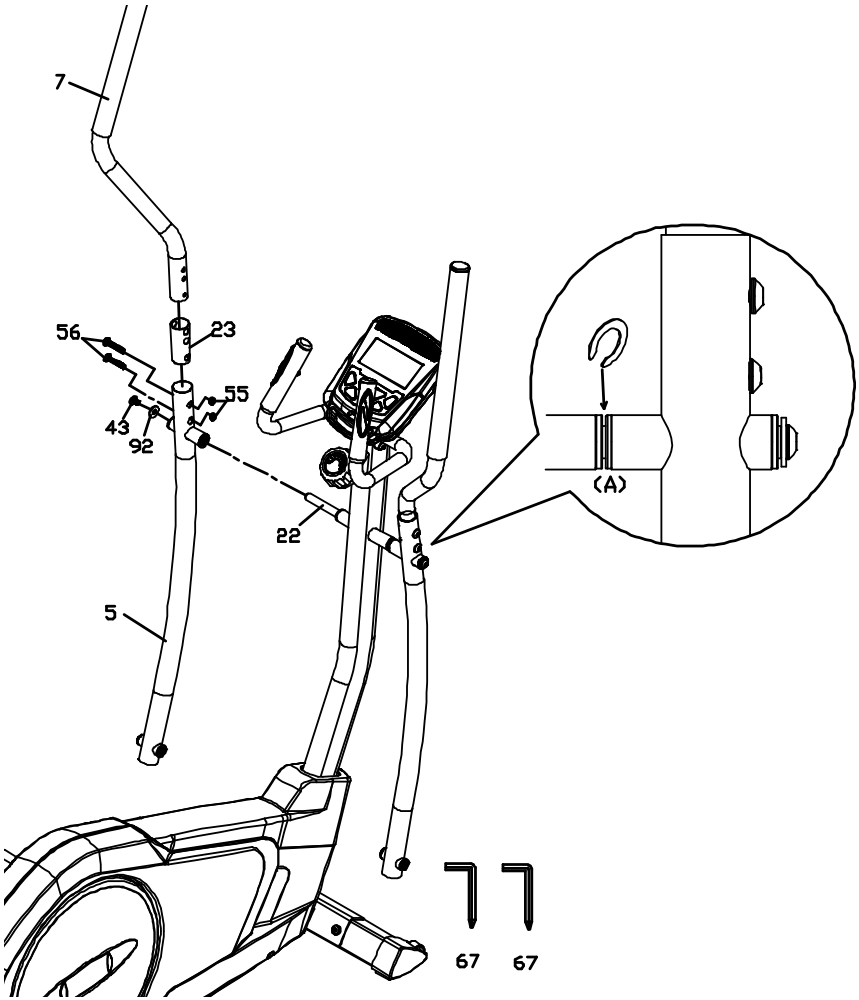
STEP 2:

1. Locate the Right Swing Arm (Upper) (8) and install it through the Swing Arm Bushing (23) and secure to the Lower swing arm (6). Use M5 Allen Wrench (67) to tighten 2pcs of 5/16” Button Head Socket Bolts (56) and 2pcs of 5/16" Nyloc Nuts (55) to the swing arm assembly.
2. Locate the Swing Arm Axle (22) and slide it through the console mast bushings then through the Lower swing arm (6). Use the M5 Allen Wrench (68) to tighten the 5/16” Button Head Socket Bolt (43) and 8.5mm x 23 Flat Washer (92) to secure to the Swing Arm Axle (22).



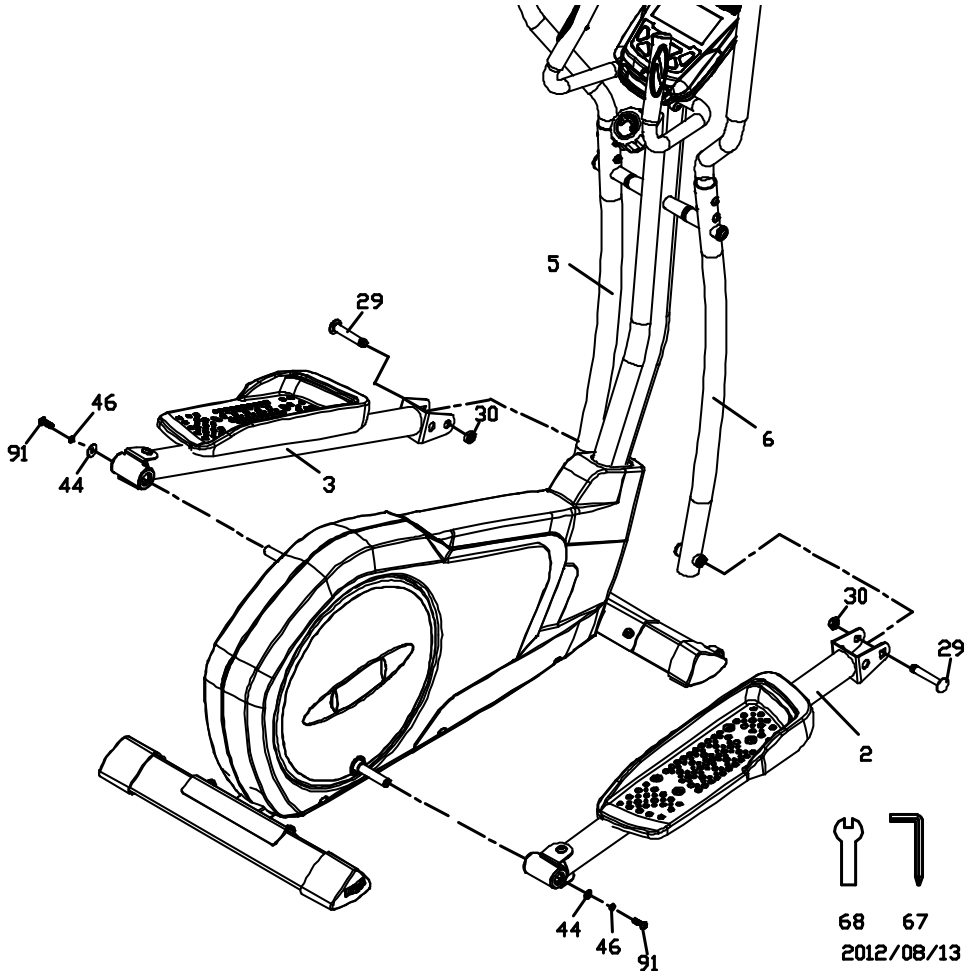
STEP 3:

1. Locate the Left Swing Arm (Upper) (7) and install it through the Swing Arm Bushing (23) and secure to the Lower swing arm (5). Use M5 Allen Wrench (67) to tighten 2pcs of 5/16” Button Head Socket Bolts (56) and 2pcs of 5/16" Nyloc Nuts (55) to the swing arm assembly.
2. Slide the swing arm onto the axle (22). Secure the swing arm to the axle using the M5 Allen Wrench (67) to tighten the 5/16” Button Head Socket Bolt (43) and 8.5mm x 23 Flat Washer (92) on the Swing Arm Axle (22).
3. Check if there is a gap at location A as shown in the inset picture below. If there is a gap then insert one of the provided C washers in the gap to prevent noise issues.



STEP 4:

1. Locate Right side Pedal Arm Assembly (2) and install onto the pedal axle at the large rotating wheel at the rear of the elliptical. Use the M5 Allen Wrench (67) to tighten the 5/16” Button Head Socket Bolt (91), 5/16" Split Washer (46) and 5/16” Flat Washer (44).
2. Locate the 1/2" × 2-3/4” Carriage Bolt (29) and slide through the bracket at the front of the Pedal Arm Assembly (2) and Lower swing arm (6). Use the19m/m Wrench (68) to tighten the 1/2" Nyloc Nut (30) to the carriage bolt (29).
3. Repeat steps 1&2 above for the left side pedal arm assembly.



Console

FUNCTION BUTTONS

MODE

1. Press Mode button to select hour, minute, year, month and date when batteries are installed.
2. Press the mode button to select TIME, DISTANCE, CALORIES or PULSE to preset a goal value.
3. Press the mode button during exercise to select which data will be displayed in large LCD window.
4. Press the button to confirm setting value of gender, age, height and weight in the Body fat mode.
5. Press the button and hold for 2 seconds to reset all value to zero and return to idle mode. (When the user replace batteries, all the values will reset to ZERO automatically.)

SET

1. Press to set the hour, minute, year, month and date after choosing each one using the Mode key (this function operates only when batteries are first installed or replaced)
2. To set the target value of Time, Distance, Calories and Pulse in idle mode. You can hold the button to increase the value fast.
3. To set up the personal data of gender, age, height and weight for Body fat test.

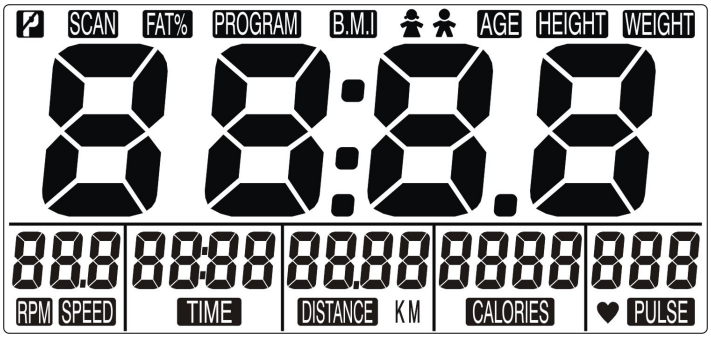
RESET

1. Press the Reset button to reset values while inputting data.
2. Press the button and hold for 2 seconds to reset all values to zero.

BODY FAT Press this button to enter Body Fat measure function then press MODE key to enter setup of your personal data of Gender, Age, Height and Weight. After completing data entry press it again to measure your Body fat ratio (FAT%) and BMI.

RECOVERY Press to enter the heart rate recovery function.

LCD display



LCD FUNCTIONS

SCAN Press the Mode button until Scan icon lights. Automatically scans through each data in sequence every 6 seconds. The display loop is RPM – Speed – Time – Distance – Calorie - Pulse on the main screen.

TIME Accumulates time from 0:00 up to 99:59. The user may preset target time by pressing MODE then SET button. Each increment is 1 minute.

RPM Displays the Revolutions per Minute (RPM). The RPM and SPEED numbers will alternate every 6 seconds during exercise.

SPEED Displays current training speed. Maximum speed is 99.9 km/h or mile/h.

DISTANCE Accumulates total distance from 0.00 up to 99.99 km or mile. The user may preset a target distance goal by pressing MODE then SET button. Each press of the button increments the setting 0.5 km or mile.

CALORIES Accumulates calorie consumption during training up to a maximum of 999 calories. The user may also preset a target calorie goal before training by pressing MODE then SET button. Each press of the button increments the setting 10 cal.

Note : This data is a rough guide for comparison of different exercise sessions and can not be used for medical purposes.

PULSE The monitor will display the user's heart rate in beats per minute during training. You may set a target heart rate goal by press the MODE then SET button.

CALENDAR The monitor will display date, month, and year when the monitor is in sleep mode.

CLOCK The monitor will display current clock time when the monitor is in sleep mode.

TEMPERATURE Displays current room temperature from 10℃ to 60℃ when the monitor is in sleep mode.

MONITOR OPERATION:

1. **Power on:**
   Install two 1.5V UM-3 or AA batteries. The monitor will perform an LCD segment test indicated by a long beep sound. (Whenever batteries are removed, all the data values will be reset to zero or default value.)

2. **Setting the clock:**
   Press the MODE and SET buttons to set the clock time, year, month, and day. After the initial setting the time and calendar will be updated automatically until the batteries are changed again.

3. **Select and preset target goal values:**
   Access the setting function for Time, Distance, Calories and Target Pulse by pressing the Mode button. Press the SET button to adjust the value of each function. Press the MODE button for confirmation and skip to next setting. The setting for Distance & Calories operates the same as Time setting.

4. After a speed signal is detected each data reading SPEED, RPM, TIME, DISTANCE, CALORIES and PULSE will begin.

5. You can press the MODE button to select single reading to be displayed in the main screen.

6. If you have preset any target, the value will begin to count down from the target setting when the training starts. Once the target is achieved, the monitor will beep and the function will count up from zero automatically if training continues.

7. **Pulse measurement –**
   Hold the two handgrip sensors for a few seconds and the monitor will display your current heart rate in beats per minute. To ensure proper heart rate readings please place both hands on the sensors and try not to change grip strength; hold in a relaxed manner. You may preset a heart rate limit alarm before training starts. Once your heart rate reaches the limit value the console will beep to let you know you are at the limit. This is used to make sure you do not exceed your desired heart rate.

8. **Recovery –**
   Press the “RECOVERY” button to start the recovery test function. The monitor will count down from 0:60 second to 0:00. The heart Icon will blink during count-down to “0:00”, during the count-down period please keep your hands on the heart rate sensors. When the time reaches zero the screen will display “F1 to F6” indicating your recovery status. F1 is the highest, and the F6 the lowest score. You may keep exercising to improve your heart rate recovery status, and check it by using the Recovery function.

9. Body Fat -

9-1. Press BODY FAT key to enter body fat measurement.

9-2. Press MODE and SET buttons to input your personal data. Each personal data setting is described as the following:

AGE:	10 ~ 99 years
HEIGHT:	100 ~ 250 cm (or 3'03" ~ 8'02")
WEIGHT:	10 ~ 200 kg (or 22 ~ 440 lb)

9-3. After all personal data have been input, you can press BODY FAT button and hold the grip sensors to start the body fat testing.

9-4. It takes few seconds to measure the body fat. If you do not hold the sensors during the testing procedure the LCD will show an error 'Err' after a 10 second period.

9-5. After the measurement is finished the display will show your Body Fat reading in percentage, and BMI calculation (body mass Index) in the main LCD window. The measurements will alternate in scan mode.

BODY FAT % : Calculated from your personal data and is shown as a value from 5%~50%.

BMI : Calculated from your personal data and is shown as a value from 1.0~99.99.

9-6.Press any key to return to the main display.

Note

1. If you Stop training for 4 minutes, the screen will show room temperature, clock, and calendar display automatically.
2. If the computer is operating abnormally, please re-install the batteries and try again.
3. Battery Spec: 1.5V UM-3 or AA (2PCS).
4. The batteries must be removed from the appliance before it is scrapped. Please dispose of batteries properly.

Note :

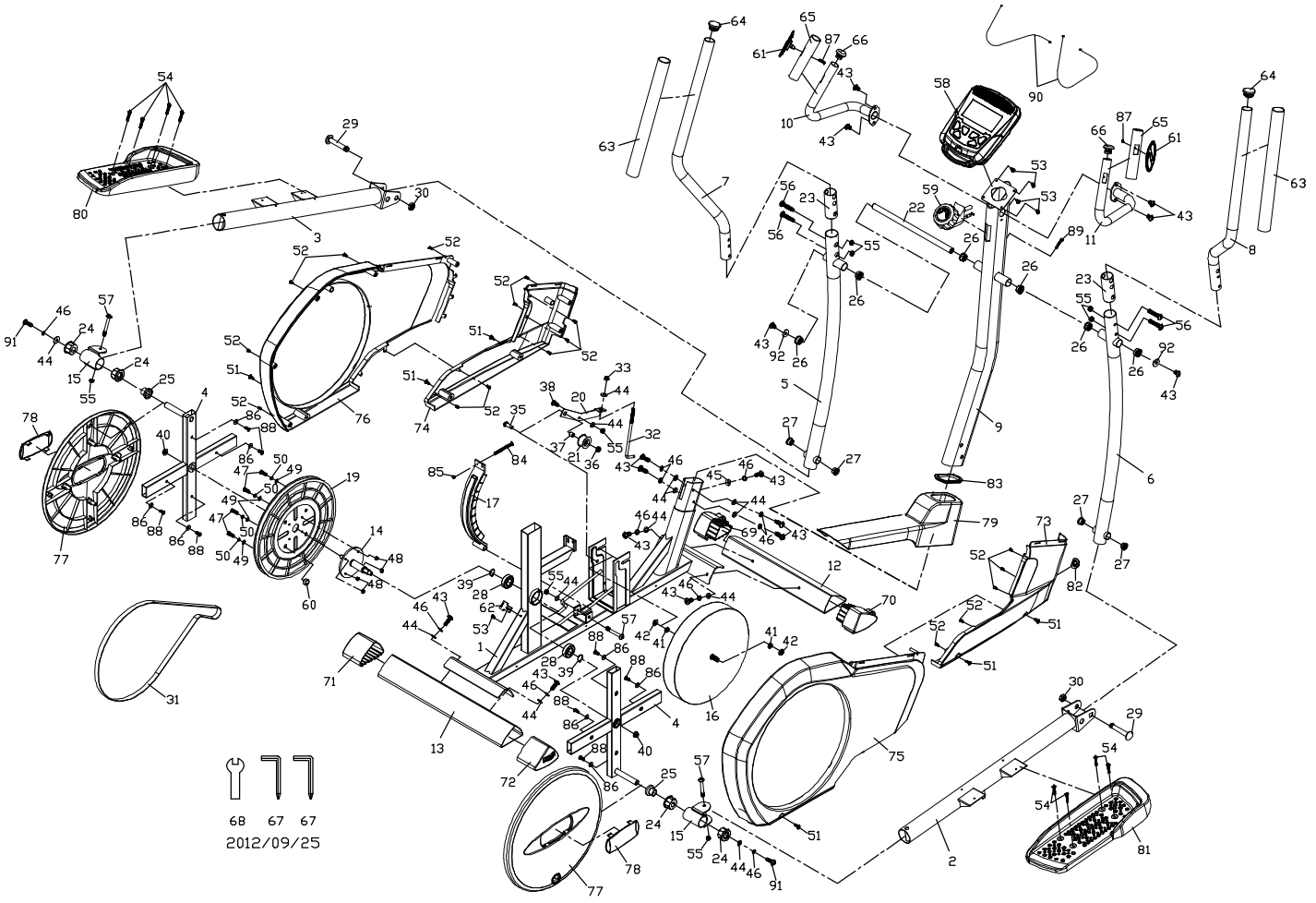
1. Do not dispose of electrical appliances as unsorted municipal waste, use separate collection facilities.
2. Contact your local government for information regarding the collection systems available.
3. If electrical appliances are disposed of in landfills or dumps, hazardous substances can leak into the groundwater and get into the food chain, damaging your health and well-being.

Parts List

NO.	DESCRIPTION	O'TY
1	Main Frame	1
2	Pedal Bar Assembly (R)	1
3	Pedal Bar Assembly (L)	1
4	Cross Bar	2
5	Lower Handle Bar (L)	1
6	Lower Handle Bar (R)	1
7	Left Swing Arm (Upper)	1
8	Right Swing Arm (Upper)	1
9	Console Mast	1
10	Hand Pulse Sensor Arm (L)	1
11	Hand Pulse Sensor Arm (R)	1
12	Front Stabilizer	1
13	Rear Stabilizer	1
14	Crank Axle	1
15	Pedal Axle Bushing Assembly	2
16	Flywheel	1
17	Flywheel Magnets Mounting Plate	1
19	Drive Pulley	1
20	Idler Bracket	1
21	Idler Wheel	1
22	Swing Arm Axle	1
23	Swing Arm Bushing	2
24	Ø38.1 × 34.1 × 16 × 21L Bushing	4
25	Pedal Axle Spacer	2
26	15.9 × 22.2m/m Podwer metallurgy Bushing	6
27	12.7 × 18m/m Podwer metallurgy Bushing	4
28	6004 Flywheel Bearing	2
29	1/2" × 70L Carriage Bolt	2
30	1/2" × 8T Nyloc Nut	2
31	Belt	1
32	M8 × 170L J Bolt	1
33	M8 × 7T Nyloc Nut	1
35	3/8" × 27L Carriage Bolt	1
36	3/8" × 7T Nyloc Nut	1

NO.	DESCRIPTION	O'TY
37	Sleeve	1
38	5/16" × 20L Carriage Bolt	1
39	20m/m C Ring	2
40	M10 × 1.25 Nut	2
41	3/8"-26UNF × 4T Nut	2
42	3/8"-26UNF × 11T Nut	2
43	5/16" × 3/4" Button Head Socket Bolt	15
44	5/16" × 18 × 1.5T Flat Washer	13
45	5/16" × 19 × 1.5T Curved Washer	1
46	5/16" × 1.5T Split Washer	11
47	1/4" × 5/8" Hex Head Bolt	4
48	1/4" × 5.5L Nyloc Nut	4
49	1/4" × 13 × 1T Flat Washer	4
50	1/4" Split Washer	4
51	5 × 16L Tapping Screw	6
52	4 × 12L Sheet Metal Screw	17
53	M5 × 12L Phillips Head Screw	5
54	M5 × 30L Phillips Head Screw	8
55	5/16" × 6T Nyloc Nut	8
56	5/16" × 1-3/4" Button Head Socket Bolt	4
57	5/16" × 2-1/2" Button Head Socket Bolt	3
58	Console	1
59	Steel Cable Assembly	1
60	Magnet	1
61	Handpulse Sensor (w/o wire)	2
62	2400m/m Sensor W/Cable	1
63	Ø31.8 × 3T × 400L Handgrip Foam	2
64	Ø32-3T Button Head Plug	2
65	Ø25.4 × 3T × 150L Handgrip Foam	2
66	Ø25.4-3T Button Head Plug	2
67	Combination M5 Allen Wrench & Phillips Head Screw Driver	2
68	19m/m Wrench	1
69	Left Stabilizer End Cap (Front)	1
70	Right Stabilizer End Cap (Rear)	1
71	Left Stabilizer End Cap (Front)	1
72	Right Stabilizer End Cap (Rear)	1
73	Front Shroud (R)	1

NO.	DESCRIPTION	O'TY
74	Front Shroud (L)	1
75	Rear Shroud (R)	1
76	Rear Shroud (L)	1
77	Round Disk	2
78	Round Disk Cover	2
79	Console Mast Cover	1
80	Pedal (L)	1
81	Pedal (R)	1
82	Power Bracket	1
83	Console Mast Cover	1
84	M5-75L Phillips Head Screw	1
85	M5-5T Nyloc Nut	1
86	5.5 × 15 × 1.5T Flat Washer	8
87	3.5 × 20L Sheet Metal Screw	2
88	5 × 16L Tapping Screw	8
89	M5 × 65L Phillips Head Screw	1
90	600m/m Hand Pulse Sensor Assembly W/Cable	2
91	5/16" × 1" Button Head Socket Bolt	2
92	8.5 × 23 × 1.5T Flat Washer	2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WARRANTY, SAFETY AND ASSEMBLY INFORMATION
ESP0033 – X5

IMPORTANT
Please read and retain this manual as it will assist with identification for parts and service.

BOYLES FITNESS warrants their Cross Trainer to be free from defects in material and workmanship under normal use and service conditions.

The various components of the Cross Trainer are warranted against defects and workmanship for the time periods specified as follows:

ESP0033 – X5
Domestic use
Lifetime frame & 1 year on all other parts.

All warranty coverage extends only to the original retail purchaser from the date of purchase. BOYLES FITNESS' obligation under this Warranty is limited to replacing or repairing, at BOYLES' option, the product or parts therein. Any enquiries relating to warranties or spare parts must be directed to **07 3272 7010**
For efficient processing of your enquiry please have relevant date of purchase, retailer name you purchased the item from and the brand on the product. This warranty does not extend to any damage to a product caused by abuse, improper or abnormal usage (as detailed in this instruction manual), or repairs not provided by BOYLES. Nor does this warranty extend to products used for commercial or rental purposes. This warranty does not cover ordinary wear, tear and weathering, failure to follow directions, improper installation, improper maintenance or acts of God (such as damage caused by storms, lightning and by snow or ice). No other Warranty beyond that specifically set forth above is authorised by BOYLES.

Our sales and service centre has been set up to provide assembly assistance, replacement parts and accessories, and to efficiently handle all warranty related matters.

Freecall **07 3272 7010**

Hours **9:00am – 4:30pm Mon-Fri (excluding public holidays),**
9:00am – 3:00pm Sat
Website www.bfe.net.au

WARRANTY INFORMATION
ESP0033

Congratulations on your purchase!

As of January 1st 2012, new legislation under the Australian Consumer Law requires certain information to be included in any product warranty issued in Australia. This warranty compliments the warranty found in the manual and has been developed in line with the Australian Consumer Law. If the warranty periods offered in the two documents are different then the greater of the two shall be honoured.

This **Esprit X5 Cross Trainer** is warranted to be free from defects in material and workmanship under normal use and service conditions for a period of **6 months** from the date of purchase of this article. Evidence of unfair usage or incorrect adjustment by the owner will void this promise.

The benefits conferred by this manufacturer's warranty are in addition to all rights and remedies conveyed by the Competition and Consumer Act 2010 (Commonwealth), and any other statutory rights to which you may already be entitled, and this warranty does not exclude, restrict or modify any such rights or remedies that are implied by law.

Our goods come with guarantees that cannot be excluded under the Australian Consumer Law. You are entitled to a replacement or refund for a major failure and for compensation for any other reasonably foreseeable loss or damage. You are also entitled to have the goods repaired or replaced if the goods fail to be of acceptable quality and the failure does not amount to a major failure.

Conditions of Warranty
All warranty coverage extends only to the original retail purchaser from the date of purchase. Please keep your receipt, tax invoice or other proof of purchase.

This warranty does not extend to any damage to a product caused by abuse, improper or abnormal usage, or repairs not provided by us or our Service Centre. Nor does this warranty extend to products used for commercial or rental purposes. This warranty does not cover ordinary wear, tear and weathering, failure to follow directions, improper installation, improper maintenance or acts of God (such as damage caused by storms, lightning, heavy winds and by snow or ice).

Making A Warranty Claim
In order to make a claim under this warranty please direct your enquiries to our Service Centre. You can contact them on **07 3272 7010** or email spares@boylesfitness.com.au

A service representative will then assist you in the appropriate action to be taken. For efficient processing of your enquiry please have proof of purchase, the date of purchase and the retailer name you purchased the item from, and the brand on the product. Photos of the product, and scans of receipts, may be requested to assist with your claim.

The service centre representative will assess the claim. If:

1) **there is a minor fault**, they can offer either a replacement spare part, replacement unit, repair or other suitable remedy;

2) **there is a major fault,** they can offer a replacement, repair or suggest you return to the store you purchased it from for a full refund.

   Please note – a request for compensation will need documentary evidence of the loss or damage suffered. It will also need to be evidenced that such a loss was a reasonably foreseeable result of a failure by Boyles Fitness to comply with a consumer guarantee under the Australian Consumer Law.

3) **The product was damaged through abnormal use,** no refund or repair can be offered.

The sending of replacements, spare parts or the cost of repair carried out by the Service Centre will be organized and covered by Boyles Fitness**.** If collection of the item is required this will be organized by the Service Centre and at our expense. Do not return any products without authorization as this will be at your expense.

Our sales and service centre has been set up to provide assembly assistance, replacement parts and accessories, and to efficiently handle all warranty related matters. Please note upon receiving your warranty claim our Service Centre will send, via post or email, a repair and refurbished goods or parts notice.

SERVICE CENTRE
Contact details and hours of operation.

Freecall 07 3272 7010
9:00am – 4:30pm Monday to Friday (excluding Public Holidays)
9:00am – 3:00pm Saturday

This product is warranted by Boyles Fitness Equipment Pty Ltd 130 Carrolls Road, Menangle NSW 2568 Phone 02 4636 6680